

SEPTEMBER - OCTOBER 2016 | PROGRAMS, SERVICES AND ACTIVITIES

SENIOR CENTER

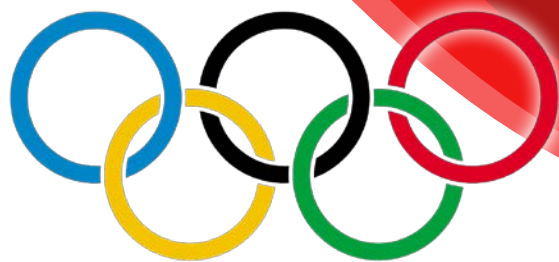
Activity 50+



Fun
MORE THAN YOU IMAGINED

Hours: Mon-Fri 8am-5pm | Extended Hours Mon-Thu 5pm-9pm
253-931-3016 | www.auburnwa.gov/seniors

AUBURN
MORE THAN YOU IMAGINED



XLIII ANNUAL

SENIOR VOLUNTEER AWARDS BANQUET

Friday, October 21
11:30am-2pm

TICKETS

Available beginning September 6 | Free to volunteers #51046

All tickets need to be picked up or purchased by October 14.

Guest of Volunteers- \$6 suggested donation for those 60 and over; \$8 for those under 60

MENU

Pita Bread & Hummus , Greek Salad, Lemon Greek Chicken, Red Potatoes, Baklava

Volunteers in our records will receive invitations at home. If you have volunteered at the Senior Center in the last year and do not receive an invitation, please let Radine know so we can correct our records and give you the recognition you deserve. We don't want anyone to be missed.

Auburn Parks, Arts & Recreation
Senior Activity Center
808 9th Street
253-931-3016 | www.auburnwa.gov

AUBURN
MORE THAN YOU IMAGINED

MORE ^{fun} THAN YOU IMAGINED

Help us Celebrate National Senior Center Month in September. Balance is a part of a healthy and happy life. We are excited to provide a variety of activities and services to help you achieve Balance in your life! Below are a few ideas to get you started.

Purpose: This is easy to find at the Senior Center. Volunteer, smile at a stranger, share your wisdom.

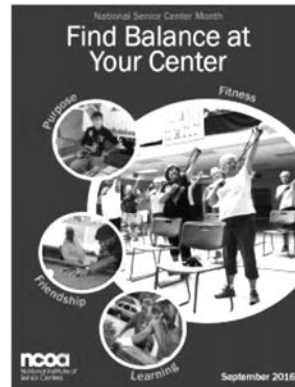
Fitness: We offer everything from "Walk and Talk" to yoga to hiking to strength exercises. Silver Sneakers as well as community memberships are available. Be sure to check out all of our fitness opportunities.

Learning: The Senior Center offers a variety of classes to help you expand your knowledge. September means "Back to School" at the Senior Center too. See pages 12-19 for upcoming classes and workshops.

Friendship: You can meet friends' everyday at the Senior Center. Enjoy group games including billiards, Mah Jongg, Scrabble, Canasta, Bingo, table tennis, pinochle, bridge, game shows and Mexican Train dominos. Meals always taste better when eating with others. Lunch is served 11:30 am, Monday-Friday for \$3 suggested donation for those 60 and over and \$6 for those under 60. A salad bar is included with your entrée. See page 24.

Welcome Newcomers!

If you are new to Auburn Senior Activity Center, come in and ask the front desk for a tour. We have lovely volunteers who would like to show you are beautiful facilities, introduce you others, suggest fun activities you might like to try, and provide you with a free cup of coffee and welcome mug. Come meet our Senior Center family!




Cover photo from left to right:
Barbara, Terri, Jacque, John and Lynn.

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Online You're First in Line

www.auburnwa.gov/play 

Online Registration Is Easy!

- Set up your personal account.
- Search for your favorite classes and activities.
- Register online with our secure system.



Convenient

The flexibility to register and pay at your convenience, anytime, from anywhere.



Time-Saving

In less than five minutes, you can setup your account and enroll for your program.



Easy

Three simple steps, and you'll be enrolled in the program of your choice.



Eco-Friendly

You don't have to burn gas driving over to register in person, and it saves paper too.

Auburn Senior Activity Center

808 9th Street SE | Auburn, WA 98002

253-931-3016 | www.auburnwa.gov/seniors

Mon-Fri, 8am-5pm |
Evening Hours: Mon-Thu, 5-9pm

Trips and tours

Dine Outs: Lunch & Dinner

CALCUTTA GRILL- NEWCASTLE GOLF CLUB

The Calcutta Grill has one of the most scenic views in all of the Puget Sound. Take in the beautiful sunset while enjoying delicious food. Fee includes an entree of your choice and a soda, coffee or tea. Alcoholic drinks, starters and dessert are on your own.

Sep 14 W 5:15p-8:45p \$58/\$63 50995

HANKS BAR AND GRILL- TACOMA

Selection of hand tossed pizzas, sandwiches, soups and salads in a relaxed atmosphere . Price range is: \$8-17.

Sep 28 W 11:30a-2p \$7/\$9 50993

HARBOR LIGHTS- TACOMA

Harbor Lights has built its beloved reputation by offering quality seafood, generous portions and strong drinks paired with a community driven spirit! Four course early bird dinner is offered for \$21.95.

Oct 5 W 4:15p-7:45p \$7/\$9 50996

COLUMBIA TOWER- SEATTLE

Enjoy a delicious meal while taking in one of the best views in all of Seattle. Fee includes a 3-course lunch, coffee or tea, and transportation. Please fill out a lunch order form at the time of registration. There are three entree options: Dungeness Crab Cobb Salad, Herb Seared Salmon or Petit Filet of Beef.

Oct 19 W 11a-2:30p \$62/\$67 50994

Senior Van Trips

PORT TOWNSEND

Port Townsend is nationally recognized as a destination community with a thriving arts community, vibrant walkable downtown, and Victorian seaport heritage. National Geographic calls Port Townsend "one of the most sophisticated places west of Seattle" and recently ranked it the world's 24th most historic destination. Fee includes transportation. We will have an independent lunch at the Bayview restaurant. You will have a couple hours on your own to explore Pt Townsend.

Sep 7 W 8a-4:30p \$15/\$19 50999

WASHINGTON STATE FAIR

Let's do the Puyallup! Please wear comfortable walking shoes so you can take in all the sights and sounds of this great fair. Fee includes transportation and admission. Lunch and scones are on your own.

Sep 19 M 9:45a-3:15p \$20/\$24 51001

BILL SPEIDEL'S UNDERGROUND TOUR

The Underground Tour is Seattle's most unusual attraction, a humorous stroll through intriguing subterranean storefronts and sidewalks entombed when the city rebuilt on top of itself after the Great Fire of 1889. The 75-minute guided walking tour begins beneath Doc Maynard's Public House, then spills into historic Pioneer Square, Seattle's birthplace, before plunging underground for an exclusive, time-capsule view of the buried city. It's the only way to tour the interconnecting tunnels of the world-famous Seattle Underground don't be fooled by impostors. Fee includes the tour and transportation. We will have an independent lunch along the Seattle waterfront after the tour.

Oct 6 Th 9:15a-3p \$25/\$29 51002

Items to Note:

- Please arrive 15 minutes prior to the trip departure time. All trips depart on time, drivers will not wait for latecomers.
- All efforts will be made to accommodate everyone desiring to participate in a trip. If a trip is full, please put your name on the waiting list to assist the staff in determining whether there is sufficient interest to warrant an additional van or trip.
- Individuals taking trips or tours with the Senior Center need to complete a confidential form, which includes health insurance information, emergency contacts, medications taken, etc. Forms are sent with the escort on each trip so if there is a medical emergency, we can act effectively on your behalf.
- Those needing special assistance on any trip need to see staff regarding handicapped accessibility.
- Parking, if you are willing and able to, we encourage all trip and hike participants to park in the Community Center parking lot.

LEAVENWORTH

Sit back and enjoy the beautiful ride to the Bavarian Village of Leavenworth. We will be traveling via Hwy 2 on the drive there and via Blewit Pass on the return trip. You will have a couple of hours on your own to grab a bite to eat and enjoy the village. Fee includes transportation.

Oct 24 M 7:30a-5:30p \$15/\$19 51000

Cultural Corner**MAN OF LA MANCHA 5TH AVENUE**

One of the most epic and enduring musicals of all time, Man of La Mancha is a glorious affirmation of the unyielding resilience of the human spirit that will leave you breathless. Inspired by one of the greatest novels in Western literature, Man of La Mancha enters the mind and world of the mad knight Don Quixote as he pursues his quest for the impossible dream. In a tale told by Cervantes himself in defense of his life's work, Quixote is, against all odds, a man who sees good and innocence in a world filled with darkness and despair. Fee includes transportation and a main level ticket. We will have an independent dinner before the show at the Rock Bottom Brewery.

Oct 12 W 3:45p-10:45p \$59/\$64 50997

Outdoor Adventures

***Outdoor Adventures
are not handicap accessible***

KAYAKING GIG HARBOR

Kayaking in Gig Harbor is always a favorite. Fee includes rental and transportation. This is not a guided kayak tour, some experience is needed. We will have an independent lunch at the Tides Tavern after kayaking.

Sep 15 Th 9a-3p \$33/\$37 50998

SEATTLE MARINERS GAMES

** Tickets are located in the 100 level.
Fee includes transportation and ticket.

Toronto Blue Jays**

Sep 21 W 10:45a- 5p \$49/\$53 50619

Kayaking

Red Hat Society: Auburn Mad Hatters

In order to arrange for transportation and lunch reservations, **ALL outings require RSVP**. Please call Jerry Merriman or email her and advise if you are attending or not. (253) 752-6700 phone, email jmerriman5@q.com.

MINIATURE GOLF AND LUNCH

Tuesday, September 6. Depart Senior Center: 9:30 AM
Transportation Fee: \$6

Bring \$7 cash for golf and money for lunch at Charlie's in Puyallup.

HOLIDAY FOOD AND GIFT FESTIVAL

Thursday, October 20. Depart Senior Center: 10:15 AM
Transportation Fee: \$6

Bring \$14.50 for entry and money for lunch on your own. It is time for the annual Holiday Food and Gift Festival at the Tacoma Dome. Lots of fun items to purchase, music to enjoy and good food. Get an early start on the holidays.

9- Day Hawaiian Tour

2 Days in Honolulu

7-Day Cruise aboard NCL Pride of America

Highlights:

- Enjoy Island time during the day and cruising at night
- Freestyle Cruising
- Roundtrip airfare on Alaska Airlines

Norwegian Cruise Lines



Pricing based on double occupancy - Subject to change

Inside Stateroom.....\$2890

Obstructed Ocean View Stateroom\$3190

Balcony\$3720

Unobstructed Ocean View Stateroom available, price quoted on request

Price includes all transfers, all taxes and fees.

Gratuities of \$90.65 for cruise will be due at the end of the cruise.

Deposit due on the day of registration

\$575, balance due by June 22, 2016

Insurance per person

\$139-592 Depending on category and age.

October 27- November 5 2016

Canyon Country

Presented by Collette Tours



Highlights:

Scottsdale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell, Choice of Monument Valley Navajo Tribal Park or Canyon Adventure Cruise, Bryce Canyon National Park, Zion National Park, Las Vegas, Roundtrip Airfare

October 12-20, 2017



Rates:

Double Occupancy: \$2999

Single Occupancy: \$3749

Deposit of \$250 due upon registration
Final Payment due August 13, 2017

Travel Insurance \$240

*Travel presentation:
Monday October 3rd, 1:30 pm*

Shades of Ireland

Presented by Collette Tours



Highlights:

Dublin, Irish Evening, Kilkenny, Waterford Crystal, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Farm Visit, Limerick, Cliffs of Moher, Galway, Castle Stay, Roundtrip Airfare



Rates:

Rates valid until October 4, 2016.

Double Occupancy \$3099

Single \$3,499

Deposit of \$250 due upon registration
Final Payment due February 9, 2017

Travel Insurance \$280

April 10-19, 2017

*Travel presentation:
Monday October 3rd, 2 pm*

Pool Tables

Open Pool Room: Monday-Friday

Except for Wednesday afternoons and Monday and Tuesday evenings during tournaments. There is always hot competition in the pool room. Come and join the fun – all players are welcome.

All Daytime Pool Tournaments

Tournaments have priority on all three tables.

Because of the popularity of tournaments, they often last several hours.

If you plan to participate, please be prompt.

Wednesday Pool Tournaments

Men's 8 Ball, 9 Ball and Scotch Doubles are run Wednesday's. Please check the pool room for the schedule. \$2 donation suggested for refreshments, Winner receives a \$5 coffee card.

(sign up in Pool Room by 12:45 p.m.)

Evening Pool Tournaments

Mondays: Straight Pool 6-9 pm

(sign up in the Pool Room by 5 p.m.)

Tuesdays: Ladies Pool 6-9 pm

(sign up in the Pool Room by 5:45 p.m.)

Table Tennis

Players of all abilities are welcome to play this entertaining game on Tuesday afternoons.

Tuesdays, 2-4:30 p.m., Free

Golf

Join us for a weekly round of golf at the Auburn Golf Course. In this recreational senior league, fun is the name of the game. Register for the league at the Senior Center. Greens Fees are payable at the golf course and the rates are as follows:

Monday

9-holes, \$15 walking, \$23 riding, 18-holes, \$27 walking, \$39 riding

Thursdays

9-hole \$12 walking, \$17 riding.

May 2-Sep 26 M 7:50 a \$10/\$13 #50540

May 5-Sep 29 Th 12:45p \$10/\$13 #50540

Gymnasium at Les Gove Park

Open Gym Schedule

The Gymnasium at Les Gove Park is adjacent to the Senior Center.

No open gym on September 29.

Senior Volleyball — Begins September 13:

Tuesday & Thursday: 9:30 - 11:30 a.m.

Volleyball & Basketball — Begins September 13:

Tuesday & Thursday: 11:30 a.m. - 1 p.m.

Pickleball — Begins September 12:

Monday & Wednesday: 12 - 1:30 p.m.

Fees: \$3 Daily Drop-in; or you can purchase a monthly fitness membership. See page _____ for details.

Pickleball Tournament

The Auburn Senior Activity Center is hosting an open senior pickleball tournament at the Auburn Parks, Arts, & Recreation Gymnasium indoor courts. The tournament is for doubles and will consist of four teams playing round robin matches. Preregistration is available online at www.auburn.gov/play, or by calling the senior center. Cost is \$20.00 per individual. Applicants without a partner will be matched if possible. For more information call 253.931.3016.

Sep 8 Th 9:30a \$20 50780

Free Swims at the YMCA

The Auburn YMCA, located at 1620 Perimeter Road SW, offers free swimming opportunities to City of Auburn residents.

PROGRAM	DAYS	TIME	POOL
FAMILY SWIM	SUN	5-6 P.M.	BOTH POOLS
LAP SWIM	T & TH	8-9 A.M.	THREE LANES
WATER AEROBICS	T & TH	9-10 A.M.	LIMIT 20



Hikes and walks



Hikes

TALAPUS/OLLALIE LAKES MILES: 6 RATING: 3

This wooded hike connects two alpine lakes located off I-90. Hikers will experience a gradual uphill climb with a 1200 foot elevation gain. Exposed roots and rocks will increase once hikers pass Talapus Lake. This heavily forested trail offers glimpses of surrounding ridges and views of two beautiful lakes.

Sep 9 F 9a-4p \$10/\$13 50981

NACHES LOOP MILES: 4 RATING: 2+

Panoramic views and fall colors will greet hikers on this loop hike on Chinook Pass. Beginning at Tipsoo Lake the trail goes up hill to cross Chinook Pass. Hiking in a clockwise direction hikers will experience vistas to the east and along the spine of the Cascades across Dewey Lakes in the valley below. Weather permitting Mt. Rainier will be in their faces as they complete the loop.

Sep 16 F 9a-4p \$10/\$13 50982

MASHEL FALLS MILES: 6 RATING: 2+

Located in Eatonville this in-and-out hike consists of 4 miles of relatively flat hiking along the Bud Blanchard Trail combined with 2 miles of an uphill narrow trail to the top of Middle Mashel Falls in Pack Forest. This portion of the trail is poorly maintained and poles are recommended. Hikers will enjoy lunch in a magical setting before retracing their steps.

Sep 23 F 9a-4p \$10/\$13 50983



ANNETTE LAKE

MILES: 7.8 RATING: 4

The trail gains elevation steadily through the forest for the first 3 miles with a total elevation gain of 1900 feet. Then the trail gradually descends to the lake crossing several talus slopes. These open spaces offer spectacular views of the opposing peak. The lake is surrounded on three sides by fairly sheer walls.

Oct 7 F 9a-4p \$10/\$13 50984

LONGMIRE TO CARTER FALLS

MILES: 5.6 RATING: 3

The hike will begin at Longmire and follow a wooded trail to Cougar Rock. The elevation change for this segment is 500 feet. The group will cross the Nisqually River on a log bridge and continuing to Carter Falls on the Paradise River. This trail also gains 500 feet in elevation mostly in one long fairly steep trail. Be prepared to show your Golden Age Pass or pay park admission.

Oct 14 F 8:15a-5p* \$10/\$13 50985

SOARING EAGLE

MILES: 5 RATING: 2

Soaring Eagle Regional Park is located on the Sammamish Plateau. The trails are rolling with moderate hills. Hikers share trails with mountain bikers. There are areas of mud with exposed roots in this mixed forest environment.

Oct 28 F 9a-4p \$10/\$13 50986

*** Early departure time due to extended length of travel**





Walks

CAPITOL LAKE TRAILS MILES: 3

Capitol Lake was formed when the Deschutes River was dammed. A combination of trails take walkers along the perimeter of the lake. Walkers will have views of the state capitol dome. Expect to see some wildlife including a variety of water fowl. Walkers can dine along the marina in local restaurants or select food from the Olympia Farmers Market.

Sep 13 **T** **9:30a-2:30p** **\$8/\$10** **50987**

LAKE SAMMAMISH MILES: 3

Beginning in Lake Sammamish State Park the trail follows Issaquah Creek. If walkers are lucky they will be able to see returning Salmon.

Sep 27 **T** **9:30a-2:30p** **\$8/\$10** **50988**

CEDAR RIVER TRAIL MILES: 3

Walkers will begin at the Renton Senior Center and follow the Cedar River to Lake Washington. The trail is paved and has little elevation change. Depending on water levels returning salmon may still be in the river.

Oct 11 **T** **9:30a-2:30p** **\$8/\$10** **50989**

LAKE TRADITION/TIGER MT. MILES: 3

Tiger Mountain offers miles of trails. The loop around Lake Tradition combined with the Bus Trail and Big Tree Trail will provide walkers with variety. Some portions of the trail are graveled and smooth but others will have exposed roots and rocks as well as potential for muddy areas.

Oct 25 **T** **9:30a-2:30p** **\$8/\$10** **50990**

First Timer?

New to the Hiking/Walking Program?

Destinations vary throughout the year. Hikes range from 4-8 miles; walks are up to 3 miles. If you are new to walks and hikes with the Auburn Senior Activity Center, please pick up a Hiking/Walking Manual from the front desk or online on our senior website, for full details about what to expect. Also, please bring water, a sack lunch (unless otherwise noted) and be prepared to stop for a snack on our return trip home.



Hike Ratings

- 1** Paved and/or smooth trail surface; no significant hills; no more than 5 miles.
- 2** Moderate; sometimes paved; some hills; may be over 5 miles.
- 3** Some difficult terrain; substantial hills and/or steps; elevation gain under 1,200 feet. Walkers with health problems should use caution.
- 4** Difficult; steep hills; may be poorly maintained or very irregular; over 1,200 feet elevation gain; may be over 5 miles. Walkers with health problems should use caution.

Special events

Senior Center Open House

Celebrating 15 years

Monday, September 12
4:30-7:30p

4:45 - 6:15pm
Spaghetti Feed
\$5

Prepared by Wellness Team



We moved into this beautiful facility 15 years ago. Help us celebrate our successes as we look forward to the future. Be sure to bring your friends and family for an evening of demonstrations, facility tours, door prizes, games and of course cake!

Special Luncheons

Birthday & Anniversary Celebrations

Are you celebrating a birthday or anniversary? We invite you to be seated, with your guests, at a special table where you will be treated to cake and ice cream and a special party favor. Couples celebrating 50 or more years of marriage will be treated to a free lunch. Sign up at the front desk to reserve your seat. When you sign up, let us know if you will have guests and how many. We will have flowers for our age 50 or over birthday celebrants and we will have roses for senior couples celebrating their anniversary, so be sure to tell us if you qualify.

Thursday, September 15 at 11:30 a.m.

Thursday, October 20 at 11:30 a.m.

\$3 suggested donation; \$6 for those under 60.

Sponsored By:



Canterbury House

Halloween Lunch

Plan to be on hand for our annual visit from the Day-care kids. They will parade in costume through the Center as we distribute treats to our younger guests. Next enjoy lunch with a special Halloween menu. Those dressed in costume will get a special treat.



Oct 31 M 11:30a- 1p

51047

Veterans Day Lunch

We will take time to honor those men and women who have served our country at lunch. Please pre-purchase tickets.

Nov 10 Th 11:30a- 1:30p

51060

Pre-purchase tickets at the front desk.

Cost: \$3 suggested donation for those

60 and over/\$6 for those under 60

Note: Diabetic dessert option is available at special luncheons. Please ask your server.

Coming Soon!

Thanksgiving Lunch
November 22

Holiday Lunch
December 22

New Years Lunch
December 30



Special Events

Senior Wellness Fair

Find Your Balance at the Wellness Fair

Thursday, September 29

9:30 a.m. - 12 p.m.

Sponsored by Senior Center Wellness Team and Merrill Gardens.

The Auburn Senior Wellness team has planned a day of health screenings, informational booths, workshops, flu shots and a delicious lunch with entertainment. Vendor tables will be in the gym. Lunch will be served between 11:45 and 12:30. Door prizes will be raffled off after our entertainment by Hook Me Up

Lunch:

Th 11:45A \$3 - suggested donation 51045

Menu:

Fruit Kabob

Meatloaf

Mashed Potatoes with Gravy

Green Beans

Sorbet

Volunteer Awards Banquet

Our Volunteers Are Champions

Friday, October 21

11:30 a.m. - 2 p.m.

#51046

Menu:

Pita Bread & Hummus\Greek Salad\Lemon Greek

Chicken\Red Potatoes\Dessert

Tickets available beginning September 6th

Senior Center Volunteers - Complimentary Ticket

Guest of Volunteers

\$6 suggested donation for those 60 and over

\$8 for those under 60

All tickets need to be picked up or purchased by October 17th.

Volunteers in our records will receive invitations at home. If you have volunteered at the Senior Center in the last year and do not receive an invitation, please let Radine know so we can correct our records and give you the recognition you deserve. We don't want anyone to be missed.

Note: No regular lunch will be served. This event is for volunteers and their guest. Plan accordingly.

Coffee Hour with the Mayor and Councilmembers

The Auburn community is growing and changing daily. To help keep you up-to-date and informed on issues, join us at a monthly coffee hour featuring specific Council members or the Mayor as the speakers. Topics include committees, upcoming projects, or Auburn's role in King and Pierce Counties. This is your opportunity to speak directly to your elected officials. Coffee and cookies will be served.



September 8

10- 11 am

Council Members Yolanda Trout & Bill Peloza

October 13

10-11 am

Council Members Claude DaCorsi & Rich Wagner



**Cheryl Sallee
Art Gallery**

**August 31 -
October 27**

Bonnie Bucknam



Programs

Health and Wellness

Grief Support Group

This 8 Week curriculum based Grief Group is intended to be a place of education, processing, and support for those in the community adjusting to the death of a loved one. Examples of topics discussed include: what the grief journey might look like, Rituals and Memorials, how to process your grief, self care during this tender time, and many other topics. If you are interested please call MultiCare Bereavement. Support at 253-301-6400 to register (required), there is limited space in each group.

Sep 12-Oct 31 M 2-4p Free

Living Well with Low Vision

In this class, we will be discussing the services that are possible through Sight Connection including home visits, assistive technology, Braille introductions, low vision clinic services and visual aid store. Many seniors can no longer expect their eyeglasses to correct their vision and need visual aids such as magnification devices, large print calendars, talking watches and talking books to help them continue their independent lives. Visual aids will be introduced and passed along during the course of the class.

Oct 3 M 10am Free

Fall Prevention and Screening

One in every three adults over the age of 65 will experience a fall each year. 70% of these falls are preventable by making simple life changes. Successful fall prevention involves strategies of balance training, physical activity, medical management, environment/home modification, and resources. This class will help you learn simple steps to prevent falls and lead a healthy life. Free fall screening will be provided by experienced healthcare professionals.

Oct 14 F 10a Free

Benefits of Essential Oils

Learn what Essential Oils are manufactured and where they are grown. Learn what "pure" means and the uses of specific oils for home remedies.

Oct 27 Th 9:30a Free

50 + Navigating the Road Series

Estate Planning

This session will be hosted by a local credit union specializing in estate planning. Come to learn more.

Sep 6 Tu 7-8:30p Free

Comfort Keepers

Comfort Keepers caregivers travel to clients' homes to provide care services and living assistance, allowing seniors and disabled individuals to live comfortably and independently. Learn how to become involved with this fabulous organization

Oct 4 Tu 7-8:30p Free

Social Issues

Homelessness: What it means to me

Join a discussion, conversation and Q&A with members of Real Change's Homeless Speakers Bureau as they talk about their personal experiences with homelessness. The goal of this program is to help educate the public, facilitate conversation and inspire social action.

Sep 16 F 1p Free

Senior Scams: Identity Theft

Identity theft and scams can wreak havoc on your finances and credit. Do you know what you will do if your identity is stolen? Do you know your rights? Knowing what to do is important because an identity thief can hijack your tax refund, alter your medical records and even borrow money in your child's name. Better Business Bureau will teach you how to make identity protection part of your regular routine and reduce your risk of identity theft.

Sep 19 M 10a Free

Senior Bullying

Join us for an interactive and informative presentation on adult bullying: out of the playground and into older-adult living and community settings. Learn how to identify bullying behaviors and what you can do to promote harmonious living, practicing mutual respect and managing cultural diversity.

Oct 18 T 10a Free

Art

Acrylics

Take a journey with acrylics on the road to creativity. You will be guided in a fun class through the basics of this very versatile medium to achieve your goal of creating beautiful works of art. With 30 plus years of experience, Mary Wolfe will be your guide through the basics in a fun and lively class.

Sep 7-Oct 5	W	9a-12p	\$36/\$45	50788
Oct 12-Nov 9	W	9a-12p	\$36/\$45	50789
Nov 16-Dec 21	W	9a-12p	\$36/\$45	50790

Introduction to Knitting

Students will learn how to knit, cast on, bind off, purl and a few other beginning techniques so that you can tackle many patterns in this fun and relaxed class. Knitting needles, patterns and ball of yarn included.

Location: Auburn Senior Activity Center

Instructor: Jennifer Reeves

Sep 8-Sep 29	Th	6-8p	\$45/\$55	50821
Oct 6-Oct 27	Th	6-8p	\$45/\$55	50822
Nov 10-Dec 15	Th	6p-8p	\$45/\$55	50823

Intermediate Knitting

For intermediate level students who are familiar with knitting and purling.

Location: Auburn Senior Activity Center
Instructor: Jennifer Reeves

September - Knitting in the Round. During this 4-week class you will knit two hats in the round. You will need to bring size US7-16" circular knitting needles. Yarn, patterns and stitch markers will be provided.

Sep 8-Sep 29	Th	6-8p	\$45/\$55	50825
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October - Spa Wash Cloths. During this four-week class you will learn knit three different washcloths. You will be using advanced techniques like cabling and color work. Washcloths are a great way to try out a new technique and they make great holiday gifts. Students will need to bring size US7 knitting needles. Yarn, patterns and stitch markers will be provided.

Oct 6-Oct 27	Th	6-8p	\$45/\$55	50826
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November/December - Stockings. During this four-week class you will learn to knit a holiday stocking. You will learn general techniques need for making socks, while using larger knitting needles and heavier yarn. This is a great first step into the sock knitting world. You will need to bring size US 7-16" circular knitting needles and US7 pointed needles. Yarn, patterns and stitch markers will be provided. No class November 24 and December 1.

Nov 10-Dec 15	Th	6-8p	\$45/\$55	50828
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Zentangle

Zentangle is not only a way of creating beautiful pieces of art, but studies show that this type of activity increases mental retention, stimulates creativity, improves one's mood, and can be calming during stressful situations. Zentangle teaches self-confidence and improves hand-eye coordination. You do not need to know how to draw because Zentangle will teach you. It does not require a lot of equipment, space, or technical ability. It can be taken everywhere and done anywhere. No previous artistic ability is needed. Basic supplies will be furnished. If you were registered for the class before please register again. No class on September 26 or October 24.

Sep 12 -Oct 31 M 9-11a Free

Makers Space for Seniors

Come and get an introduction to the tools and technology through a series of project based training held the 2nd Wednesday of the month.

Location: The REC Makers Room

Instructor: Suzy Fountaine

Embroidery

Learn to customize anything with the embroidery machine.

Sep 14 W 12:30p-2p \$20/\$25 50805

Vinyl

Learn to make your own bumper sticker out of adhesive vinyl.

Oct 12 W 12:30p-2p \$20/\$25 50809

Cutting & Etching

An introduction to the laser cutter for fabric cutting, etching and more.

Nov 9 W 12:30p-2p \$20/\$25 50810

Intro to 3D Printer

An introduction to the capabilities of a 3D printer.

Dec 14 W 12:30p-2p \$20/\$25 50811

Watercolor

Come experience the joy and beauty of watercolor painting. Learn traditional and experimental watercolor techniques and application, Class includes demonstration, individual assistance, discussion and critique. Instructor continually introduces new methods and projects to expand student's knowledge for watercolor painting, while developing ones own style. Beginners - Intermediate. Supply list provided upon registration.

Instructor: JoAnne Iwasaki

Sep 21-Oct 26 W 1-3p \$47/\$59 50791

Sep 21-Oct 26 W 6:30-8:30p \$47/\$59 50899

Nov 9-Dec 14 W 1-3p \$47/\$59 50792

Nov 9-Dec 14 W 6:30-8:30p \$47/\$59 50900

Coloring For Adults - NEW

Learn how to color as an adult using different art mediums each month. Sign up for just one class or register for all four. Tap into your inner child and let your creativity flow.

Location: Auburn Community & Event Center

Instructor: Suzy Fountaine

Sep 14 W 6-8p \$20/\$25 50854

Oct 12 W 6-8p \$20/\$25 50855

Nov 9 W 6-8p \$20/\$25 50856

Dec 14 W 6-8p \$20/\$25 50857

Digital Photography 101

In this fun, entertaining 3-hour class, you will learn the basics of digital photography and how to get the most from your digital camera. This class is designed for beginning photographers who love photography, but just can't get off of the 'auto' setting on their camera. You will learn how to get properly-exposed photos, how to control how much or how little of your photo is in focus and how to create sharply focused or intentionally blurry action photos.

Location: Auburn Community & Event Center

Instructor: Jeffrey Fong

Oct 19 W 6-9p \$30/\$38 50835



Community Interest

Geocaching 101

Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. Join us for a fun and informative time of learning the basics of geocaching and how Auburn Parks, Arts & Recreation is creating a great way to explore Auburn with friends, family or on your own in a fun new way. We will have 45 to 60 minutes of class room time learning the basics of geocaching and then take what we learned and spend another 45 to 60 minutes out looking for geocaches in one of our local parks.

Location: Auburn Community and Events Center Classroom.

Instructor: Peach & Pete

Ages: 5+

**Sep 10 Sa 10a-12p Individual Fee: \$10/\$13
Family Fee: \$15/\$19 50487**

2016 Auburn Geocaching Adventure

The Auburn Geocaching Adventure 2016 is a challenge to find a specified number of geocaches. If you complete the challenge you receive a trackable coin that was produced specifically for this event. After the event is over there are usually coins left over and so those will continue to be given out to those who complete the challenge, until there are no more left. For more information on this event go to www.geocaching.com. Auburn Parks partnered with the Auburn Tourism Board, auburntourism.com to provide the 2016 Geocaching Adventure.

Location: Les Gove Gym

Oct 15 Sa 9a Free

How to Read Class Information

AARP Driver Safety ← Class name

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely. ← Description

Jan 6-Apr 21 T,W 10a-3p \$68/\$85 #31810

↓
Date(s)

↓
Class Day(s)

↓
Class Time

↓
Auburn Resident/Non-Resident Fee

Computers

Computer Use

The computer lab at the Senior Center is available for drop-in use. Computer time is limited to 120 minutes per day. Please see the front desk for a code to use the computers. Headphones are located at each computer.

**Open Hours Monday-Thursday: 8 a.m. - 9 p.m.
Friday: 8 a.m. - 5 p.m.**

Computer Tutoring

Do you have specific questions about how to use the Internet, Microsoft Word® or Excel®? Or have general questions about computers? Come drop by our open computer labs with tutor times. Do you have no computer experience and would like to learn how to use one? Then please see our tutor on Thursdays.

Open Lab with Tutor (Subject to Change)

Mondays: 1:30-3:30 p.m. | Tuesdays: 12-2 p.m.

Wednesdays: 1-3 p.m. / Fridays 10 a.m.- 12 p.m.

How to Search the Internet?

What is the Internet? How can I use it? Is there an effective way to find information about how I register for classes online, locate cheap airfares, or either find a new chicken recipe or what is the next Bravo show? Maybe you just want to try and stump the teacher with a question? Check in at the Registration desk and come to class the first and third Wednesday of May and June at 10:00 to learn answers to these questions and more.

1st and 3rd Wednesday 10-11a

Printing Fee

There is a fee to use the printer. You can purchase a printing card worth \$2.50 or \$5, or you can pay 10 cents per sheet, at the front desk for your printing convenience.

If you plan on downloading, creating or changing files of any type please bring a removable storage device, such as a disk or USB drive. **No personal files can be stored on our computers.** For your convenience CDs are for sale for \$1 each at the front desk.

Did You Know?

The King County Library in Auburn offers Computer Classes and up to 75 pages of free printing per week. Call 253-931-3018 for more information.



Computer Workshops *New*

Microsoft Word for Beginners

Learn basic word processing concepts including creating and saving documents, typing shortcuts, moving, copying, renaming folders, inserting images, and navigating between the tabs in Microsoft Word documents.

Location: The REC

Instructor: Alissa Nicholson

Sep 12-Sep 26 M 6-8p \$25/\$31 50886

Microsoft PowerPoint for Beginners

Learn how to create, edit, and save PowerPoint presentations using templates and designs, color schemes, slide translations and insert images into Microsoft PowerPoint presentations

Location: The REC

Instructor: Alissa Nicholson

Oct 10-Oct 24 M 6-8p \$25/\$31 50887

Microsoft Excel for Beginners

Learn how to create, edit, and save basic Excel spreadsheets, create basic charts by inserting values, and learn how to use simple formulas in Microsoft Excel spreadsheets.

Location: The REC

Instructor: Alissa Nicholson

Nov 2-Nov 16 W 6-8p \$25/\$31 50888

Microsoft Publisher for Beginners

Learn how to create, edit, and save one page documents, insert images and clipart, move text fields and use templates to create posters, flyers or brochures in Microsoft Publisher.

Location: The REC

Instructor: Alissa Nicholson

Dec 5-Dec 19 M 6-8p \$25/\$31 50889

Dance

Line Dancing

Learn the joys of Line Dancing with Janie Redick. You will get some great exercise while having lots of fun. Wear lightweight comfortable clothes and leather soled-shoes(or shoes that are conducive to dancing). A water bottle is a good idea. Punch card can be carried over from one month to the next. Class on October 20th will be in Les Gove Building.

Instructor: Janie Redick

Sep 1-29 TH 2-4p 50705

Oct 6-27 TH 2-4p 50991

Nov 3-20 TH 2-4p 50992

Fee: 5 Visits \$26/\$33; 10 Visits \$47/\$59

Bellydance

Middle Eastern bellydance is a low impact form of dance appropriated for all ages and body types and backgrounds. Learn the history, basic movements, isolation techniques and more. All shapes, body types and genders welcome. Come with a willingness to learn, laugh, have fun and make new friends.

Location: Auburn Community & Event Center

Instructor: Jeweled Scarab Dance Company

Sep 7-Oct 12 W 7p-8p \$45/\$57 50120

Oct 26-Nov 30 W 7p-8p \$45/\$57 50121

Music & Dancing

Join us for great music and dancing.

Country Fever is here on the 2nd and 4th Wednesday of the month from 10-11:30 am.

3 Shades of Gray will be playing on the 3rd Wednesday of the month from 10:30-11:30am.



Educational

Get Organized *New*

Discover the 'Four Stages of Organizing' and how you can use this approach to eliminate clutter and simplify your life. You will learn to sort through your house, office or garage, stage by stage to determine what needs to stay and what must go. You will learn how to continuously sort through items to determine if you need them and where they belong. Help keep yourself, your family and your office organized to make better use of your time and help reduce your stress level.

Location: Auburn Community & Event Center

Instructor: Wendy Buchanan

Sep 21	W	6-9p	\$20/\$25	50858
Oct 5	W	6-9p	\$20/\$25	50859
Nov 2	W	6-9p	\$20/\$25	50860
Dec 7	W	6-9p	\$20/\$25	50861

Learn to Ride the Metro

Learn to safely and comfortably travel on public transportation during the in-house PowerPoint presentation. Time will be focused on how to ride the Metro bus and gain useful skills while using the Metro bus system. Subjects such as paying the fare, exiting at the right stop, and problem solving will be covered. During the presentation the group will decide on a destination for the escorted community based. This workshop is a prerequisite to the field trip.

Sep 21	W	9-11a	Free	51057
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Ride the Metro Training Trip

This is your chance to practice what you learned during the presentation. The escorted will help you to build confidence and use new skills to be successful and independent as you travel around the community on Metro. The destination and time will be determined in the prior workshop class on September 21, 2016 which is a prerequisite to taking the field trip.

Sep 22	Th	TBA	Free	
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AARP Drivers Safety

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely. Supported by the State, a reduction in auto insurance rates is mandated for individuals completing the course. Payment of \$20 is required the first day of class. AARP members will receive a \$5 discount if they have their membership card with the number. Make check payable to AARP.

Sep 26-27	M-T	8:30a-12:30p	50707
Oct 24-25	M-T	8:30a-12:30p	50977
Nov 28-29	M-T	8:30a-12:30p	50978

Special Interest

Book Club: Auburn Senior Readers & Friends

Join our monthly book club. All are welcome.

1st Tuesday of every month 10 a.m. - 12 noon

Tuesday, September 6

"The Wright Brothers" by David G. McCullough

Tuesday, October 4

"Some Luck" by Jane Smiley

Tuesday, November 1

"Water for Elephants" by Sara Gruen

Drop In Bible Study

This non-denominational group is open to all individuals who wish to learn more about the Bible. The group is being led by Grace Church. 2nd & 4th Tuesday

September 13 & 27, October 11 & 25 10-11a Free

Spanish Study Group

Do you speak Spanish? Then we have a group for you. This group is meant for individuals who are interested in enhancing their language skills. Open to serious Spanish enthusiast who speak at an intermediate level. There is no charge to participate in the group.

Facilitator: Ron Kusunose.

Thursdays, 10 a.m.-12 noon



Fitness Membership

Monthly Fitness Membership

Your monthly fitness membership gives you access to the following programs:

- Silver Sneaker classes
- Gentle Chair Yoga
- Additional fitness classes will be added this fall
- Community Center Fitness Room
- Drop-in Open Gym Activities (see pg. 7 for details)

\$25 (\$20 if you sign up for automatic renewal)

Silver Sneakers Healthways Membership

If you have a Healthways membership, it will give you access to the same things listed above for the Fitness membership. If you are 65+ and have insurance through one of the following insurances you may be eligible for a Healthways membership: Amerigroup, Asuris NW Health, Group Health, Health Alliance, Humana, Premera Blue Cross, Regence Blueshield, or United Healthcare.

**Silver Sneakers - Healthways Member
2016 - 50192**

Silver Sneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Fitness membership required. No Class on September 5 & 28 and October 21.

M, W, F 3-4p

Silver Sneakers Cardio Light

Get up and go with an aerobics class that's safe, heart healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. Fitness membership required. Class meets at Community Center.

T, Th 8:10-9:10a

Gentle Chair Yoga — **STARTING IN SEPTEMBER**

Gentle Chair Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Fitness membership required.



Fitness

Walk & Talk

The health benefits of walking are endless. But in case you need some extra incentive; walking just 30 minutes a day can improved body composition (higher muscle-to-fat ratio), better regulate high blood sugar, reduce excess body fat around the waist, lower high cholesterol and high blood pressure, which together increase the risk of heart disease, diabetes and stroke. All you need is a good pair of shoes, comfortable clothing, and desire to get moving. Staff will lead a 30 minute walk around Les Gove Park. Walk at your own pace and for your own distance (one lap around the park is ½ mile). There are benches to rest along the way. We will walk rain or shine.

Sep 6 - Oct 27 T, Th 10:45am-11:15am Free

Hatha Yoga

A great way to relax and unwind from your day. In this class you will flow through poses using breathing techniques and meditation. Adapting each pose to your needs while developing strength, mobility and body awareness. Bring a yoga mat, water, a towel and any yoga props you own including blocks and a strap.

Location: Auburn Community & Event Center

Instructor: Erin Finney

Sep 7-Sept 28 W 5:30-6:45p \$37/\$43 50868

Oct 5-Oct 26 W 5:30-6:45p \$37/\$43 50869

Nov 2-Nov 23 W 5:30-6:45p \$37/\$43 50870

Nov 30-Dec 21 W 5:30-6:45p \$37/\$43 50871

Introduction to Tai Chi

Tai Chi students enjoy both mental and physical benefits including strengthening, flexibility, and coordination. Students learn gentle exercises and the practiced of individual movements.

Location: Auburn Community & Event Center

Instructor: Gil Bortleson

Aug 25-Sept 22 Th 7:30-8:30p \$39/\$49 50890

Oct 13-Nov 10 Th 7:30-8:30p \$39/\$49 50879

Dec 1-Dec 22 Th 7:30-8:30p \$31/\$39 50980

Intermediate Tai Chi

Students will start with gentle exercises and practice refining individual movements learned in the introduction class and gradually work into more advanced movements. Pre-requisite: Introduction to Tai Chi or permission of instructor.

Location: Auburn Community & Event Center

Instructor: Gil Bortleson

Aug 25-Sept 22 Th 6:15-7:15p \$39/\$49 50482

Oct 13- Nov 10 Th 6:15-7:15p \$39/\$49 50881

Dec 1-Dec 22 Th 6:15-7:15p \$31/\$39 50882

Financial Planning

Relationship with Money

Your money mindset influences how you behave with your money. How does money make you feel? How do you use your money? Learn how to have a healthy and balanced relationship with money.

Location: Auburn Community & Event Center

Instructor: Nils Wickman

Sep 12-Sep 26 M 6:30-8:30p \$47/\$59 50891

Your Credit-The Good, The Bad and The Ugly

Through this interactive workshop you will learn about the Good, the Bad and the Ugly that affect your credit.

Location: The REC, Computer Lab

Instructor: Nils Wickman

Oct 11 T 6-7:30p \$20/\$25 50892

Investment Basics

Investing is a carefully planned and prepared approach to managing and accumulating money. Learn the basic fundamentals in this informative workshop.

Location: The REC Instructor: Nils Wickman

Oct 25-Nov 1 T 6-8p \$33/\$42 50893

Household Budgeting

In this hands-on workshop you will learn how to develop a household budget. The second session you will create the budget so that you have a useful tool.

Location: Auburn Community & Event Center Instructor: Nils Wickman

Nov 7-Nov 14 M 6:30p-8:30p \$44/\$55 50894

Game Show

Family Feud

Join others to get divided in to two teams or "families" to play one of America's favorite game shows. Teams compete to name the most popular responses to survey questions in order to win cash and prizes

Sep 7 W 10:15a Free

Are you Smarter than a 5th Grader

Are you Smarter than a 5th Grader consist of teams attempting to answer ten questions (plus a final bonus question). Content is taken from elementary school textbooks, two from each grade level from first grade to fifth grade. Each correct answer increases the amount of money the player banks. Join other's to see if you truly are smarter than a 5th grader.

Oct 5 W 10:15a Free

Daytime at a glance

FREE DAYTIME ACTIVITIES

Mah Jongg(Wright Patterson AFB Rules)*

Mondays: 10 a.m. - 2 p.m.

Scrabble®*

Mondays: 1-4:30 p.m.

Fridays: 1-4:30 p.m.

Canasta

Tuesdays: 9:30-11:30 a.m.

Bible Study

2nd & 4th Tuesday 10-11 a.m.

Bingo

1st & 3rd Tuesdays: 12:45-2:30 p.m.

Table Tennis*

Tuesdays: 2-4:30 p.m.

Computer Tutor

Mondays: 1:30-3:30 p.m.

Tuesdays: 12-2 p.m.

Wednesdays: 1-3 p.m.

Fridays 10 a.m.- 12 noon

Music & Dancing* *(see page 16 for details)*

2nd, 3rd and 4th Wednesday: 10-11:30 a.m.

Pinochle Parties*

Tuesday & Thursday: 12:45-3:30 p.m.

Contract Bridge*

Fridays: 10 a.m. - 12:30 p.m.

Monthly Book Club

(see page 17 for book choices)

1st Tuesday: 10 a.m.-12 noon

Free Movies*

Wednesdays: 1 p.m. & 4:30 p.m.

Pool

The Pool Room is open Monday-Friday for drop-in play;

Wednesday Tournaments 12:45 p.m.

*** Please see calendar for dates that are unavailable.**

Gone to the Movies

Wednesdays: 1 p.m. & 4:30 p.m.

The Senior Activity Center is licensed to show free movies. Please join us for movies recently released to DVD and an occasional classic. Movies and refreshments sponsored by:

SEPTEMBER 7TH – JOY (2015)

(PG-13) After 10 years of trying to mass-market the revolutionary floor mop she had invented, housewife Joy Mangano strikes gold with a personal pitch on QVC that turns her Miracle Mop into an overnight marketing miracle.

2 hrs 4 mins

SEPTEMBER 14TH – JURASSIC WORLD (2015)

(PG-13) Once a popular, state-of-the-art dinosaur-themed attraction, Jurassic Park has fallen behind the times. In response, the owners decide to design a bold new exhibit, but the terror it inspires becomes all too real after the technology malfunctions.

2 hrs 4 mins

SEPTEMBER 21ST - TRUTH (2015)

(R) In this dramatic re-creation of news anchor Dan Rather's fall from grace, his stellar career comes to an abrupt end after erroneously reporting that President George W. Bush received preferential treatment that kept him from serving in Vietnam.

2 hrs 1 min

SEPTEMBER 28TH - MAX (2015)

(PG) In this affecting drama based on real events, military dog Max is adopted by the family of his trainer, who was killed in Afghanistan. Besides helping the family overcome their grief, Max's arrival provides new clues about the soldier's death.

1 hr 51 mins

OCTOBER 5TH – HELLO, MY NAME IS DORRIS (2016)

(R) Inspired by insights gained through a self-help seminar, 60-year-old Doris Miller brazenly steps forward to pursue the affections of a much younger co-worker -- and inadvertently becomes a hit with his hipster cohorts.

1 hour 30 mins

OCTOBER 12TH – ZOOTOPIA (2016)

(PG) After an otter suddenly disappears in the animal metropolis of Zootopia, by-the-book bunny police officer Judy Hopps reluctantly joins forces with fast-talking fox Nick Wilde to unravel the mystery.

1 hr 48 mins

OCTOBER 19TH – THE FINEST HOURS (2016)

(PG-13) Recounting one of the most heroic tales in the annals of the U.S. Coast Guard, this tense maritime thriller traces the daring rescue of the crew aboard two oil tankers; both vessels were torn in two by the furious waves of a gigantic Atlantic storm.

1 hrs 57 mins

OCTOBER 26TH – EDDIE THE EAGLE (2016)

(PG-13) Forever endearing himself to the British public, Eddie "the Eagle" Edwards becomes the first Englishman to compete in the Winter Olympics ski jump, relying on valor to make up for his lack of experience and bad eyesight.

1 hr 45 mins



Monday Social Dinners

2nd Monday of Each Month

Join us once a month for a delicious dinner. Leave the cooking to us and support the Wellness Team. Why not bring the whole family? All ages are welcome. To aid in planning, please pre-register by calling or stopping by the front desk. Cost is \$7 per person.

Monday, September 12: #51003

4:45-6:15 p.m. Open House

Special price of \$5 a person.

Spaghetti w/ meat sauce, green salad, bread and dessert.

Monday, October 10: #51004

4:45-5:30 p.m.

Meatloaf, mashed potatoes and gravy, green bean casserole, chopped salad and cake.

FREE EVENING ACTIVITIES

The Auburn Senior Activity Center is open for evening hours Monday– Thursday from 5–9 pm. Please join us for an evening of fun activities, play pool, use the computer, or simply relax and read a book by the fire.

50+: Navigating the Road Speaker Series

1st Tuesday of Month 7-8:30p

BUNCO *New*

1st Thursday of Month 5:30-9pm

Computer Lab

Open for drop-in use

Mondays: 5-9:00 p.m.

Tuesdays: 5-9:00 p.m.

Wednesdays: 5-9:00 p.m.

Mexican Train Dominoes*

Tuesdays: 5:30-9 p.m.

Wednesdays: 5:30-9 p.m.

Free Movies*

Wednesday: 4:30 p.m.

Pinocle Parties*

Mondays: 5:45-9 p.m.

Pool

Open for drop-in play

Tue- Thu: 5-9 p.m.

Pool Tournaments

Mondays: Straight Pool 6-9 pm

(sign up in the Pool Room by 5:45 p.m.)

Tuesdays: Ladies Pool 6-9 pm

(sign up in the Pool Room by 5:45 p.m.)

** Please see calendar for dates that are unavailable.*

Mexican Train Dominoes

Tuesday & Wednesday 5:30-9 pm

Food and meals



Weekday Lunch Program

The Auburn Senior Activity Center hosts a weekday lunch program on site that is operated and managed by Catholic Community Services. Chef Peggy serves delicious, cooked from scratch, balanced meals in a welcoming dining room setting. All meals meet one-third recommended daily allowance for persons 60 years of age and older. Lunch is held Monday-Friday.

11:00 am - Registration Table Opens
11:30 am - Salad Bar Opens
12 noon - Entrée Served

Menu & Prices:

Entrée of the day:

\$3 suggested donation age 60 or over
\$6 under age 60

Salad Bar:*

Small side salad is included with your entrée
\$1 for a salad bowl
\$3 for a lunch plate-Entrée salad
* Single trip through.

All options include milk and coffee

Eat at the Center often? Age 60 or over?
Take advantage of a pre-purchase punch card!
5 meals: \$15 suggested donation
10 meals: \$30 suggested donation
20 meals: \$60 suggestion donation

The salad bar is supported by the City of Auburn Human Services, Canterbury House and Mike and Sharon Schooley. Personal donations are always accepted.

Coffee Bar

Coffee, tea, hot chocolate and spiced cider.

Suggested Donation:

.50 per cup
.75 per mug
\$1.00 per large travel mug
.75 bottled Water

Punch cards are available - 10 punches for \$5. Purchasers receive a free cup of preferred beverage for each punch card filled. While on duty, baristas punch cards for each cup. The Honor System is in effect for cash or punch cards during self-serve hours. Mini-Punch cards are available for those wanting to give or use single to 5-cup punch cards.

Assorted snacks available for \$1.

Meals on Wheels

Eligibility: 60 and over, and homebound (most days)

Cost: Suggested donation of \$3 per meal

Delivery: Weekly on Friday mornings
Seven frozen meals per order for delivery.

Nutrition Supplements

(Variety of Ensure® products)

Eligibility: 60 and over and homebound (most days).
The cost varies by product. We deliver weekly on Friday.

For details and/or applications, call Megan at 253-931-3016. Pierce County call 253-474-1200, or go directly to Senior Services at www.seniorservices.org/foodassistance/MealsonWheels to submit an application on line.

Good Food Bag

Washington CAN (Community Action Network) has identified food access as one of the greatest challenges in the Auburn community. To address barriers such as access and affordability to quality produce, the Good Food Bag program was created. A \$10 bag of locally grown (in Auburn), organic produce will be sold for \$5 on Fridays at the Auburn Senior Activity Center Coffee Bar. Stay tuned for the release date and shopping times.

Senior Savers Pantry

All Seniors, regardless of income level, are welcome.

Shop for low-cost foods two days per month (see below). If you are new to the Pantry scene, what we do is purchase foods in bulk quantity at low prices and re-package them into individual sizes, and pass the savings on to you. A wide variety of items are available, such as cereals, grains, cheese, spices, raisins, juice, soup, etc.

The month of September always makes me think of back to school. Back in the day, when my family was all home, I had to find easy economical dinners that I could serve my family as we were all busy running from here to there. I didn't have picky eaters but they each did have their own dining issues. One daughter, Cheryl, was all about fruits and vegetables, Mary wouldn't let any food touch the other food on her plate, Julie mushed all of her food together (making the other daughter squirm), Jimmy had food allergies and Wendy was happy to eat anything as long as there was ketchup on it.

I've heard that some families enjoyed quiet dinners; ours was usually a three ring circus!

Because we were running from soccer practice to swimming lessons, PTA meetings to church events, I made a lot of casseroles. Here is one of my family favorites! Many of the ingredients are available on our Food Pantry shelves. Stop by and pick up some items for this quick dinner.

Additions: To this recipe one child would say "add Peas" another would say GROSS! One would like crushed potato chips or grated cheese on top and the baby would say "I will eat it if you put ketchup on it!" Enjoy!

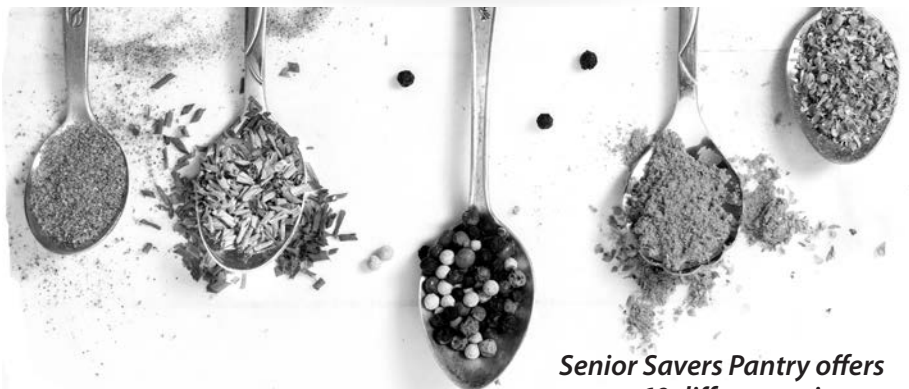
Thursday, September 8, 9am-1 pm
Friday, September 9, 9am-12 noon
Thursday, October 6, 9am- 1 pm
Friday, October 7, 9am- 12 noon
Thursday, November 3, 9am-1 pm
Friday, November 4, 9am-12 noon

Tuna and Noodle Casserole

1 package egg noodles (12-16 ounce)
 2 cans Cream of Mushroom Soup
 1 cup Milk
 2 (10 ounce) canned Tuna (water or oil) drained
 1/2 teas. garlic powder
 1/2 teas. onion powder
 1/2 teas Montreal Seafood Seasoning

DIRECTIONS

Bring 4 cups water to a boil and add noodles
 Cook for 8-10 minutes until tender and drain.
 Grease a 3 quart casserole dish.
 Mix all ingredients together and add to noodles.
 Bake at 350 degrees until nice and hot.



*Senior Savers Pantry offers
over 60 different spices.*

Volunteers

Senior Center Advisory Council

The Senior Center Advisory Council is a diverse group of Center participants who meet with staff monthly to brainstorm ideas on center operations and services, review Wishing Well suggestions, brainstorm solutions to problems, etc. Current minutes and Wishing Well suggestions are posted on the Advisory Council Bulletin Board. Check it out. Meetings are the third Tuesday of each month at 10:00 a.m. All are welcome. *Interested in serving on the council? See Radine.

Tuesday, September 20 at 10 a.m.

Tuesday, October 18 at 10 a.m.

Volunteer News

Birthday Treat for volunteers!

If you volunteered at least five hours at the Senior Activity Center the month prior to your birthday, you will receive a complimentary, regular lunch certificate through the mail. Have we missed you or a friend? Let Radine know. You may use your certificate for the birthday celebration or for any lunch during the month of your birthday.



Volunteer Opportunities

Below are some of the current volunteer needs at the Auburn Senior Activity Center. Where might your time and talents fit? Stop by or call for an appointment with Radine to learn more.

Respite/Adult Day Care:

Fridays, 10 a.m. – 3 p.m.

Assists staff in providing companionship, activity support and assistance to participants and families.

Noon Meals:

Weekdays, 10 a.m. – 2 p.m.

Many different opportunities including but not limited to dining room set-up, lunch registration, meal preps, salad bar prep, dishes, clean up

Senior Savers Pantry:

1st W-F, monthly, 9 a.m. – 1 p.m.

Package, divide, set up and sell food.

Meals on Wheels:

Drivers and runners needed for Friday mornings. Call for more info.

Barista:

Weekdays, 8:30 a.m. – 12 p.m. or 12-3 p.m.

Make and serve coffee and other beverages. Visit with customers.



Host/Hostess:

Weekdays, 9 am – 12 p.m. or 12-3 p.m.

Greet participants, get people to register, give directions and center tours.

Health and wellness

Wellness Team

Wellness Team Meetings

The Auburn Senior Wellness Team supports the Senior Activity Center by providing a monthly social dinner, offering an annual wellness fair, and by volunteering at a variety of community special events. They meet once a month on the first Tuesday at 9:30am. See Rocky for more information.

Foot Care

Foot Care provided by Karen's Foot Care

A licensed Nail Care Technician, Karen Poppleton has provided foot care at the Center for over 10 years. You must bring a towel to the appointment. You can make a foot care appointment up to four months in advance. Call the Center to book an appointment or book your next appointment with your nail care technician at the time of service. Do you need a scholarship for foot care? Ask your foot care provider.

Mondays: By Appointment Only

Call 253-931-3016

Fee: \$27

Blood Pressure Screenings

Cantebury House offers free blood pressure checks at the Senior Center each month.

Monday, September 26, 11 a.m.- 12 p.m.

Monday, October 24, 11 a.m.-12 p.m.



Massage

Leslee Jo provides therapeutic massage by appointment at the Auburn Senior Activity Center. She has 25 years of experience as a Massage Therapist. Experience the benefits that therapeutic massage has to offer. Massage is proven to improve your overall health and may decrease chronic pain. Appointments for the next four months can be made at the front desk.

Tuesdays: By Appointment Only

Fridays: By Appointment Only

Fee: \$20 for 15 min., \$33 for 30 min. and \$53 for 60 min.

Dental Services

Taking good care of your teeth and gums is important for your mouth, your overall health and self esteem. Darcy Spencer-Wenger, a dental hygienist, from *Healthy Smiles* is at the Center the 3rd Thursday and Friday of each month to offer her services. Services include: full scale teeth cleaning, cleaning of dentures and partials, application of fluoride varnish, assessing oral health, measuring the gum pockets, oral hygiene instruction, and referrals to local dentists and specialists. Please call for an appointment. You must be over age 50 to use this service.

September 15 & 16

October 20 & 21

By Appointment Only

Fee: \$79

Health services include foot care, seasonal flu shots, blood pressure screenings, massage, dental services, and more.

Support services for seniors

Auburn Respite Care Program

This is an adult day care that meets every Friday from 10 a.m. - 3 p.m. at the Auburn Senior Activity Center. Caregivers are able to bring family members with Alzheimer's, Parkinson's, stroke or frail health for a day of socialization, companionship, music, activities and lunch. Volunteers at the program provide one-on-one care for the seniors participating in the program.

For those seniors who are unable to utilize the senior center on their own and have special needs, the Respite Program may be just what you're looking for. Call Sheila Pankratz at 253-229-7510 for more information. There is a nominal fee, which may be negotiated upon request. We're always looking for new volunteers too.

Once again the Muckleshoot Indian Tribe has come through in a big way for the Auburn Community. A \$5000 donation was made to the Auburn Respite Program. Monies will be used to benefit seniors attending the program and their family caregivers. We are so very pleased and thankful for the Muckleshoot Tribe's practice of investing in our community. Thank you!



Free Tickets

The Senior Center has free tickets to the Woodland Park Zoo and the Seattle Aquarium. Stop by the front desk to pick up tickets.

Loan Closet & Library

Need a walker, cane, wheelchair, bath chair or crutches for a short time? Check at the Senior Center; we have some to lend.

The Senior Center also offers paperback books for loan to seniors and always appreciates paperback book donations.



Community Support Groups

Alzheimer's Association Support Group

Caring for someone with memory loss? Alzheimer's Association caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. A free information and support group for unpaid care partners, family members and friends is held on the 1st Tuesday of each month from 12-1:30 pm at Church of the Nazarene, 1225 - 29th ST SE, Room 15, Auburn WA, 98002. For more information, contact the group facilitator, Val Brustad at 253-854-7658.

1st Tuesday of each month from 12-1:30 p.m.

Caregiver Support Group

Providing resources, education and support to family members and caregivers of those suffering from dementia and other illnesses.

Location: Multicare Auburn Medical Center, Cascade 1 Conference Room
Call 253-545-2894.

Free and open to the Community!

2nd Thursday of each month from 6:30-8:00 p.m.

Senior Support Services

Senior Support Services: help when you need it

Give us a call regarding senior needs, the Center serves as a key information and referral site for seniors. We offer many support services, including information on subjects such as social security, wills, health insurance, and tax counseling. We also maintain a loan closet for lending medical equipment to those in need.

Community Living Connections

Linking Seniors and Disabled to Personalized Care & Support Services.

Adults dealing with aging or disability issues now have easier access to services and information. Community Living Connections staff are highly trained and skilled at finding people the right kind of help, where and when they need it. 206-962-8467; 1-844-348-5464

Need help but don't know where to turn?

Dial 2-1-1 to be connected with the most comprehensive information on health and human services available to King County residents. 211's Information and Referral Specialists are experts in understanding the eligibility requirements of many human service systems. They are experts on food, shelter, housing, rent and utility assistance, legal assistance, financial assistance, governmental assistance programs, health care, employment, education and family support programs. Whatever your questions, call us so they can help.

Veteran Services

The Veterans of Foreign Wars provide a service officer on site at Auburn Senior Activity Center to assist eligible veterans, and surviving spouses/family members in applying for Federal Veterans Administration benefits. This includes service-connected disability benefits, surviving spouse benefits, burial benefits and Aid and Attendance Benefits for the disabled and elderly. To schedule an appointment contact Cindy Kartes, VFW, at 253.205.5883.

Hyde Shuttle

The Hyde Shuttle is a free neighborhood van service for seniors age 50 and older and/or people with disabilities living in Auburn. You can ride anywhere within the city limits. Sign up by phone, no forms to fill out, lift-equipped vehicles, call up to 30 days in advance, donations welcome. Call 206 727 6262 to make your reservation.

Welcome Home

King County residents recently discharged from a hospital or other inpatient facility are eligible to receive 10 home delivered meals within 24 hours from discharge. This service is free to those who qualify. Call 206-957-1686 to apply.

Senior Rights Assistance Program - Estate Planning Information

Diana Paris, SRA volunteer, is trained to provide guidance and information in the following areas: wills, power of attorney, living will, living trust, community property agreements, and/or probate. Call for an appointment, available once a month, on the third Wednesday.

Wednesday, September 21

Wednesday, October 19

Statewide Health Insurance Benefits Advisors (SHIBA)

Chuck Wright, trained SHIBA volunteer, provides guidance and information in the following areas: Medicare, Medigap, Medicaid, long term care insurance, and group insurance. Call for an appointment, available once a month.

Thursday, September 8

Thursday, October 13

Hopelink's Getting Around Puget Sound (GAPS)

It is a free service which connects King County residents with the most current information about travel options available to them which includes trip planning, application process for RFPs (for seniors and people with disabilities) and covers King County Metro, Sound Transit and Link rail services as well as other free transportation services available to them in King County.

September 21, 10a-12p Free

King County Metro-Orca Card

If you are 65 years or older, you can receive your Regional Reduced Fare Permit as part of your Orca card for \$3 at Auburn Senior Activity Center. If you are under the age of 65 you can purchase an Orca Card when Metro is present at the Center. King County Metro is typically at the Center on the third Wednesday of the odd numbered months from 9:30-10:30am. Orca Cards can be reloaded here at the Senior Center when the Orca representatives are present or anytime at the Auburn Safeway. Please call the Senior Activity Center to confirm the date.

September 22, 9:30-10:30 a.m



Our brochure is available to be mailed for annual fee of \$12. Please call or stop by the front desk if you would like to have it mailed to you.

General information



Mayor
Nancy Backus

City Council

Largo Wales, Deputy Mayor
Bob Baggett
Claude DaCorsi
John Holman
Bill Peloza
Yolanda Trout
Rich Wagner

Park & Recreation Board

Richard Artura
Joe Bauman
Greg Dobbs
David Domenowske
Vicki Gilthvedt
Michael Hassen

2015-2016 Senior Center Advisory Council

Ann Bayless
Fred Bingham
Rosy Carolan
Florence Clark
Rick Konkler
Sandre Maxwell
Bill Morchin
John Rambur
Valerie Burton
Betty Halverson
Candy Johnson
Skip Jones
Tina Lawson
Yvonne Milbrandt
Tim Paul
Bill Rees

Parks, Arts & Recreation Department

Daryl Faber, Director

Auburn Senior Activity Center Staff

Radine Lozier

Senior Center Supervisor

Rocky Kirwin

Recreation Coordinator

Megan Mummert

Recreation Program Specialist

Janet Koch

Office Assistant

Tyler Ham

Recreation Assistant

Peggy Strain

Nutrition Site Manager
Catholic Community Services

Useful Phone Numbers

Auburn Senior Activity Center253-931-3016

Auburn City Hall.....253-931-3000

Auburn Golf Course.....253-833-2350

Auburn Food Bank.....253-804-5696

Auburn Housing Repair.....253-931-3090

Auburn Library.....253-931-3018

Auburn Parks, Arts & Recreation.....253-931-3043

Auburn Police (Non-emergency).....253-288-2121

Auburn Valley Humane Society.....253- 249-7849

Non -Emergency Animal Control253-931-3062

Basic Cable Service Discount 253-931-4753 x2

Community Living Connections

King County 206 962-8467

Toll Free 1-844-348-5464

Energy Assistance..... 1-800-348-7144

Free Legal Services.....206-267-7070

Property Tax Deferral Program206-296-3920

Social Security 1-800-772-1213

Transportation

Access.....206-205-5000

Hyde Shuttle.....206-727-6262

King County Metro206-553-3000

Volunteer Transportation206-448-5740

Volunteer Chore Services 1-888-649-6850

White River Valley Museum253-288-7433



Follow the Auburn Senior Activity Center on **FACEBOOK** to keep up to date on all of the Center happenings.

Auburn Senior Activity Center
808 9th St SE, Auburn, WA 98002
253-931-3016
www.auburnwa.gov/seniors

Registration info.

4 FOUR WAYS TO REGISTER



Online You're First in Line

Online Registration: Fast, Convenient and No Extra Fees
www.auburnwa.gov/play

Please Note

Payment must be made when registering on-line, in person, by telephone, or by mail.

First Day of the "New Brochure Month" Registration Procedures:

- Walk-in, online and telephone registrations begin at 8:30 a.m. (number distribution begins at 8 a.m.)
- You may register yourself and two others for any activity, class, trip, special event, etc.
- The number system will be used for all walk-in and telephone registrations.
- Walk-in registrants may leave a completed form with attached number and check or credit card information or they may wait until their numbers are called and pay with cash as well.
- Telephone registrations will be assigned a number in the order in which the call is received beginning at 8:30 a.m.
- Registrants need to be patient; the number of registrations is heavy on the first registration day of the month in which the bi-monthly brochure is released.
- Mail In registrations will be processed after noon on the first working day of the registration month or the day received thereafter.

Refund/Credit Policies for Trips and Classes:

Following are summaries of refund/credit policies adopted by the Park Board. These policies will be in effect when participants cancel trips, hikes or classes. See Senior Center Supervisor with questions.

*For activities with a fee of **more** than \$5, a \$5 administrative fee will be charged if the person wants a refund check sent to him/her. For activities with a fee of **less** than \$5, credit will be placed on the individual's account for use toward the cost of a future activity. There will be no administrative fee charged for credits left on account or for credits transferred to another activity.

*Cancellations for any fee program must be made at least three (3) business days prior to the start of the program.

*Refund requests made after the activity has begun, due to illness or injury, must be made in writing and may be granted on a prorated basis when possible. Senior Center Supervisor must approve requests.

*If a participant is not satisfied with a class scheduled to meet four (4) times or more, he/she may, in writing, identify his/her concerns and request one of the following:

Repeat class at no additional cost.

Receive credit that may be applied to another activity.

Receive a refund with no administrative charge.

The written request must be received before the third scheduled session of the activity and must be approved by Senior Center Supervisor. This policy applies to programs except trips and tours, outdoor programs and all adult and youth team sports leagues.

1.



ONLINE:

Auburn at Play

On-Line visit

www.auburnwa.gov/seniors for 24-hour convenience to register with VISA/MasterCard.

2.

WALK IN:

Walk in registrations will be processed Monday through Friday, 8 a.m.-5 p.m. at the Senior Activity Center except on the first working day of the month. On the first working day of the month, we start assigning numbers on site at 8 a.m. See procedures at left.

3.



PHONE IN:

Telephone registration and sign-up for services will be accepted Monday through Friday, 8 a.m.-5 p.m.

253-931-3016

4.



MAIL IN:

Registrations will be processed after noon on the first working day of the registration month or the day received thereafter.

AUBURN SENIOR ACTIVITY CENTER REGISTRATION FORM



Participant Last Name		First Name	
Spouse Last Name (if applicable)		First Name	
Address		City	Zip
Home Phone (include area code)		Cell Phone (include area code)	
Email Address			
Participant Birthdate (MM/DD/YYYY)	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	Spouse Birthdate (MM/DD/YYYY)	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female

ACTIVITY NAME & PARTICIPANT NAME	BARCODE NO.	ACTIVITY FEE
1.		
2.		
3.		
4.		
5.		
6.		
7.		

PAYMENT INFORMATION		PAYMENT TYPE: <input type="checkbox"/> CHECK/CASH <input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD <input type="checkbox"/> AMERICAN EXPRESS <input type="checkbox"/> DISCOVER	
NAME ON CARD		TOTAL DUE \$	
CARD NO.	3-DIGIT SECURITY CODE	EXP. DATE (MM/YY)	

Over 18 Participant Signature required –
 I am eighteen years of age or older, fully competent and I desire to participate in the City of Auburn's sponsored recreation activity of the above named activity(ies). I am fully aware of the fact that there are special dangers and risks inherent in this activity, including, but not limited to, the risk of serious physical injury, death or other harmful consequences that may arise or result directly or indirectly to me from my participation in this activity. Being fully informed as to these risks and in consideration of my being allowed to participate in the City of Auburn's sponsored activities and/or use of facilities, I hereby assume all risk of injury, damage and harm to myself arising from such activities or use. I also hereby individually and on behalf of my heirs, executors and assigns, release and hold the City of Auburn, its officials, employees, volunteers and agents harmless, and waive any right of recovery that I might have to bring a claim or a lawsuit against them for any personal injury, death or other consequences occurring to me arising out of my voluntary participation in this activity. I grant the City of Auburn the right and permission to use or copyright, and re-use, publish, or re-publish photographic pictures, video, electronic images or other reproduction taken during classes for publicity purposes by the Auburn Parks, Arts & Recreation Department.

Signature	Date
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Find Balance at the **SENIOR WELLNESS FAIR**

2016

The Auburn Senior Wellness Team

has planned a day of:

Informational Booths

Health Screenings

Workshops

Delicious Lunch

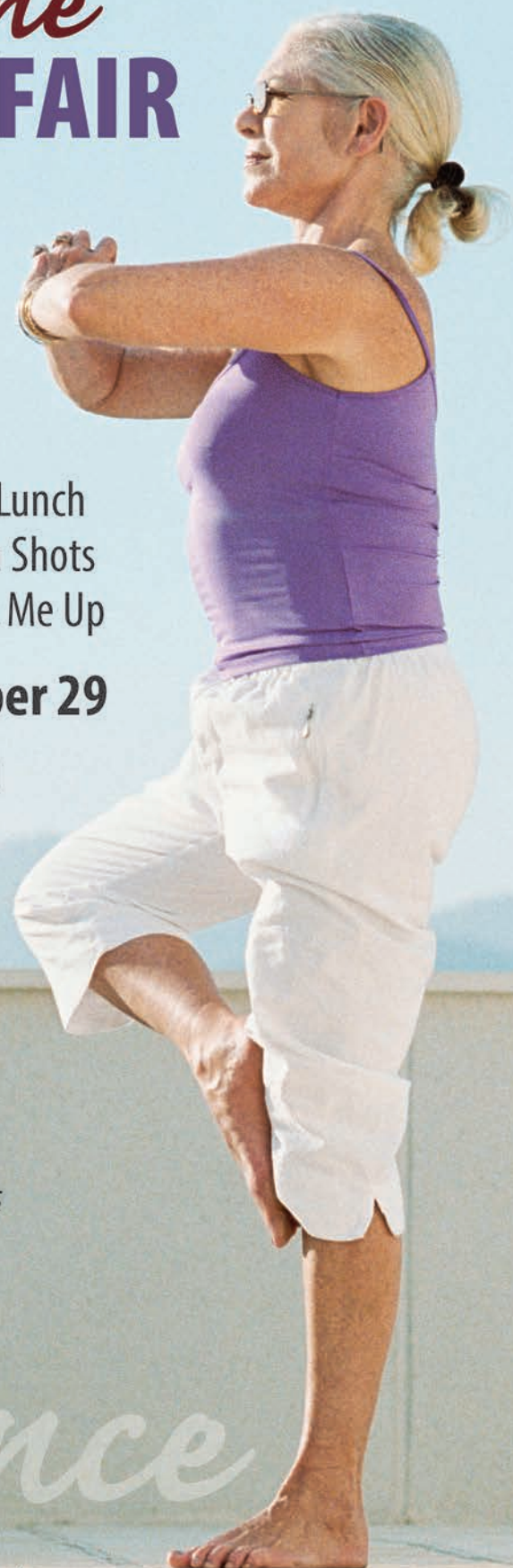
Flu Shots

Entertainment By Hook Me Up

Thursday, September 29

9:30 am - 12:00 pm

Doors prizes after entertainment



Schedule:

9:30 a.m. - 12:00 p.m.	Fair
11:45 a.m. - 12:30 p.m.	Lunch (\$3 donation) <i>Pre-registration required #51045</i>
12:00 - 12:45 p.m.	Entertainment
12:45 - 1:00 p.m.	Door prizes

Find Balance

SPONSORED BY:

**THE SENIOR ACTIVITY
CENTER WELLNESS TEAM**





**REGISTRATION STARTS
SEPTEMBER 1**

Senior Center **OPEN HOUSE**

**We moved into this beautiful facility 15 years ago.
Help us celebrate our successes as we look forward to the future.**

Be sure to bring your friends and family for an evening
of demonstrations, facility tours, door prizes, games,
and of course cake!

September 12 | 4:30 - 7:30 pm

\$5 Spaghetti Dinner (available 4:45-6:15pm)

Prepared by the Senior Wellness Team

Auburn Parks, Arts & Recreation | Senior Activity Center
808 9th Street | 253-931-3016 | www.auburnwa.gov

AUBURN
MORE THAN YOU IMAGINED